



# Preventing mpox



**For more information  
on mpox:**



**1-866-408-1899**



**dphcall@delaware.gov**



**de.gov/mpox**

Take the following steps to prevent getting mpox:

- Avoid close, skin-to-skin contact with people who have a rash.
  - Do not touch the rash or scabs of a person with mpox.
  - Do not kiss, hug, cuddle, or have sex with someone with mpox.
- If you are sexually active, limit the number of partners you have, talk to them about their recent intimate history, and ask about any rashes or other symptoms.
- Avoid contact with objects and materials that a person with mpox has used.
  - Do not share eating utensils or cups.
  - Do not handle or touch the bedding, towels, or clothing of a person with mpox.
- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer, especially before eating or touching your face, and after you use the bathroom.